



HDM September 2012 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  OBSERVED	4 Pot Roast w/ Gravy Red Potatoes Carrots Coleslaw Wheat Bread Yogurt Milk	5 Lentil Soup Chicken Caesar Salad Crackers Wheat Roll Mandarin Oranges Milk	6 Beef Stroganoff Noodles Baked Yellow Squash 4 Bean Salad Wheat Bread Fresh Fruit Milk	7 Pork Roast w/ Apricot Honey Sauce Sweet Potatoes Broccoli Mixed Salad Wheat Bread Oatmeal Milk
10 Meatloaf w/ Gravy Mashed Potatoes Spinach Broccoli Slaw Wheat Bread Yogurt Milk	11 Chicken Tostada Spanish Rice Black Beans Lettuce & Tomato Orange Milk	12 Sloppy Jo Sandwich French Fries Carrots & Peas Coleslaw Wheat Bun Chocolate Chip Cookie Milk	13 Roast Turkey w/ Gravy & Cranberries Sweet Potato Squash Green Salad Wheat Bread Pears Milk	14 Split Pea Soup Tuna Salad Crackers Carrot & Raisin Salad Sliced Tomato/Lettuce Wheat Bread Mandarin Oranges Milk
17 Beef & Broccoli Brown Rice Asian Slaw Chinese Noodles Fruit Cocktail Milk	18 Chicken Cacciatore Pasta Peas & Carrots Green Salad Wheat Bread Fresh Fruit Milk	19 Baked Fish w/ Spanish Sauce Baked Sweet Potato Green Beans Green Salad w/ Toma- toes Wheat Bread Fruit Compote Milk	20 Vegetable Beef Soup Greek Chicken Salad Crackers Wheat Roll Pineapple Chunks Milk	21 Swedish Meatballs Noodles Red Cabbage w/ Apples Bean Salad Wheat Bread Sherbet Milk
24 Tilapia Scampi Style Mashed Potatoes Vegetable Blend Mixed Green Salad Wheat Bread Mandarin Oranges Milk	25 Baked Ziti Casserole Broccoli Caesar Salad Garlic Bread Pudding Milk	26 Minestrone Soup Polynesian Chicken Salad Crackers Wheat Roll Oatmeal Cookie Milk	27 Crazy Hat Day Beef Stew Red Potatoes Corn Carrot, Raisin Slaw Biscuit Pineapple Milk	28 Birthday Celebration Crispy Fish w/ Tartar Sauce Or Roast Beef w/ Gravy Green Beans Broccoli Wheat Bread Cake Milk
October 1 Baked Crispy Chicken w/ Gravy Brown Rice Vegetable Blend Black Eye Pea Salad Wheat Bread Canned Apricots Milk	2 Salisbury Steak w/ Gravy Mashed Potatoes Spinach Mixed Greens Wheat Bread Fruit Cocktail Milk	3 Barley Beef Soup Lunch Meat Sandwich Sliced Tomato Lettuce Bread Crackers Beet Salad Mandarin Oranges Milk	4 Baked Fish w/ Lemon Sauce Peas & Carrots Cole Slaw w/ Pineapple Wheat Bread Fresh Fruit Milk	5 Chicken Jambalaya Brown Rice Green Beans Mixed Green Salad Wheat Bread Plums Milk

MENUS SUBJECT TO CHANGE WITHOUT NOTICE

YOU MUST BE HOME BETWEEN 10:30 a.m. – 1:00 p.m. TO RECEIVE YOUR MEAL

IF YOU NEED TO CANCEL – PLEASE CALL 818.238.5357 OR 818.238.5366

\$3.00 PER MEAL CAN BE GIVEN TO THE DRIVER WEEKLY OR MONTHLY. THANK YOU.